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RICK ROSS'S NEWEST ALBUM, MASTERMIND, HIT NO. 1 AFTER ITS MARCH 3 RELEASE

PAGE 9

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CRIMEA VOTES TO JOIN RUSSIA

Demonstrators carry a huge Russian national flag during a massive rally in support of the Crimean referendum in the Black Sea port of Odessa, Ukraine, Sunday. In a referendum watched closely around the world, residents in Ukraine's strategic Crimean Peninsula voted to split off and join Russia. **See story, page 4.** SERGEI POLIAKOV/THE ASSOCIATED PRESS

Some hair of the dog with that haircut?

Changes coming for Manitoba's liquor laws.

Soon you'll be able to get a buzz while getting a buzz cut, drink wine without having to dine

Manitobans will soon have more places to drink alcohol, and businesses will face fewer rules about when and where they can serve.

The NDP government says sweeping changes to liquor regulations first announced last May will take effect April 1. Alcohol will be allowed at spas or hair salons, and beer and wine will be available in restaurants without ordering a meal.

For businesses, there's less red tape, including a one-step process for obtaining liquor and gambling licences.

The array of liquor-licence categories will be reduced to three from 12, and liquor licences will be available for live entertainment venues with fewer than 200 people.

The government says it will also be easier for businesses to obtain special licences to extend their hours for special events. One trial run was done for the Olympic men's hockey final, when bars were allowed to open at 5 a.m.

The changes are part of an overhaul of the province's liquor laws, many of which date back to the 1950s.

The Manitoba Hotel Association says customers will appreciate having more options.

Despite the modernization, many rules that govern how booze is consumed are not being changed. Minimum prices and a requirement to have at least three people share a large pitcher of beer will remain.

The province's ban on all-you-can-drink events, except for private events such as open-bar wedding receptions, will also stay as is.

THE CANADIAN PRESS

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Stuart Murray, right, of the Canadian Museum for Human Rights listens as Dr. David Mandzuk, dean of the U of M's faculty of education, talks about The Fourth R during a press conference on Friday. BERNICE PONTANILLA/METRO

New human rights course at U of M

Partnership. Canadian Museum for Human Rights to collaborate on faculty of education's new program

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

A unique program to be offered by the University of Manitoba's faculty of education is aiming to recruit teachers from across the country to learn and teach about human rights.

The U of M is partnering with the Canadian Museum for Human Rights to offer a summer institute called The Fourth R: Teaching and Leadership for Human Rights Education.

Jerome Cranston, an assistant professor in the U of M's faculty of education and one of the people who helped develop the program, said the course is going to be structured to reflect the themes and galleries that have been incorporated into the museum.

"Because they're educators, the key focus is really going to be on the stories that surround human rights," said Cranston after a press conference on Friday.

"It really is going to be working with teachers to raise their awareness of the resources that are available, but also fundamentally about the decisions they're going to make about which resources are most appropriate, at what times, for which children, at which age group."

During Friday's event, Stuart Murray, president and CEO of the museum, and David Mandzuk, dean of education at the U of M, signed an agreement on collaboration for the summer institute's programming.

Registration

The first The Fourth R summer institute takes place this summer, from July 16 to 29.

- Those interested in taking the program can contact extended@umanitoba.ca or call 204-474-9921.

Lineup announced

Bonnie Raitt to play Winnipeg Folk Fest

The Winnipeg Folk Fest's 2014 lineup is giving us all something to talk about.

Ten-time Grammy Award-winning blues legend Bonnie Raitt will kick off the 41st annual edition of the five-day festival running July 9-13 at Birds Hill Provincial Park.

Raitt's Wednesday night main stage performance will mark the second time she's played the festival.

Other big names announced Friday include Ben Harper & Charlie Musselwhite playing Thursday, Buffy Sainte-Marie and Corb Lund Friday, Ani DiFranco on Saturday night, and Joan Baez closing the festival Sunday.

For a full list of acts scheduled to play at this year's Winnipeg Folk Festival and for ticket information go to winnipegfolkfestival.ca. METRO

Backstreet Boys

Oh my God, they're back again!

The Backstreet Boys are coming to the MTS Centre on May 11 as part of their A World Like This tour. An opening act for the show has not been announced.

Tickets go on sale Friday, March 21 at Ticketmaster. Tickets range from $29 – $85. METRO

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Paw-sitive news: Fido-friendly Manitoba plates

Manitoba Justice Minister Andrew Swan poses with new Winnipeg Humane Society plate designer Sara Smith and WHS CEO Bill McDonald on Friday. The new plates go on sale April 1 for $70, with $30 of the purchase going to the WHS. CHRISD.CA

New recycling, garbage bins a hit

Trash talk. Report shows citizens embracing new waste-management plan

SHANE GIBSON
shane.gibson@metronews.ca

In the first full year since the city rolled out its new garbage and recycling carts, Winnipeg has seen a marked increase in the amount of recyclables actually being recycled.

An annual report from the city's water and waste department shows there was a 55 per cent drop in the amount of recyclable and compostable materials ending up in the landfill last year.

This fall

The City of Winnipeg will open its first 4R Winnipeg Depot at the Brady Landfill this fall for household hazardous waste, building and demolition-materials and electronic-waste collection.

"We've seen the lowest amount of garbage going to the landfill since 1997," Winnipeg's water and waste director Diane Sacher told council's infrastructure renewal and public works committee last week.

"It's been a big success."

The first annual report into the city's new Comprehensive Integrated Waste Management Plan also shows the amount of garbage collected in former Autobin areas dropped 60 per cent, and reports of abandoned waste dropped to 2,119 from 7,222 two years earlier.

The report also seems to show Winnipeggers have gotten on board with the new curbside leaf and yard waste pickup service, with 23,000 tonnes of the stuff we raked up collected in 2013, a four-fold increase over what we lugged to drop-off locations in 2012.

That collected yard waste is now being composted, said Sacher.

The department hopes to be able to start using and selling the compost within the next three years.

Health officials warn of measles case in Manitoba

Manitoba health officials are warning that a case of measles has been detected in the province and that the man with the highly contagious disease attended several public places.

The patient, a man in his 40s, lives in the Interlake area and is currently in hospital.

He attended a badminton tournament in Winkler, Man., on March 7 and 8; a volleyball tournament in Winnipeg on March 8 and 9; and visited the Victoria Hospital emergency department in Winnipeg on March 9 and the Selkirk hospital's ER the next day.

Cases across Canada

The province says measles activity has also been detected in B.C., Alberta, Saskatchewan and Ontario, "mostly related to ongoing outbreaks in the Philippines and the Netherlands."

Officials say the disease tends to be more severe in infants and young children, and can be life-threatening.

Measles is spread through droplets in the air formed when coughing or sneezing.

Initial symptoms of measles include fever, runny nose, drowsiness, irritability and red eyes.

Small white spots may also develop on the inside of the mouth or throat.

Measles can lead to complications including ear infections, diarrhea, pneumonia and encephalitis.

THE CANADIAN PRESS/CTV WINNIPEG

Winnipeg

Police sign off on contract with 9.5% raise by 2016

Police officers in Winnipeg have approved a contract offer that will raise their wages through 2016 by a total of 9.5 per cent.

There are several other parts of the deal, including a slight pay raise for cadets and widening their responsibilites to cover Highway Traffic Act offences and enforce anti-smoking, drinking and trespass legislation.

Cadets will also be used to staff the central booking unit.

Right now, the starting wage for a police officer is $46,000.

After five years, a first-class police officer earns $85,000.

The deal still needs to be ratified by city council. THE CANADIAN PRESS/CJOB

Abandoned ship

MS Lord Selkirk II owner claiming bankruptcy

A spokesman for the City of Selkirk says the owner of a derelict cruise ship left abandoned and leaking contaminants in a city park is now claiming to be bankrupt.

Jim Fenske says the city's lawyers are working to confirm the claim by New York City-based United Source International.

The MS Lord Selkirk II was left in a slough in a city park almost 25 years ago and is leaching a long list of contaminants into the water.

If the company is indeed bankrupt, the rusting ship — which caught on fire in 2012 — could become the responsibility of the federal Receiver of Wrecks, which would then be called upon to dispose of the vessel.

THE CANADIAN PRESS/GLOBAL WINNIPEG

Get help

City opens frozen pipes resource centre

The City of Winnipeg hopes to bring some of the comforts of home back to those who've lost running water to frozen pipes with the opening of a Frozen Pipe Citizen Resource Centre in the West End.

The centre at the Cindy Klassen Recreation Complex at 999 Sargent Ave. is offering containers of water and refills, in-person access to 311 service representatives for frozen-pipe reporting and temporary hose line assistance, personal comfort kits and waterless cleaning kits from the Canadian Red Cross Manitoba Region, refreshments and access to recreation and shower facilities.

The centre will be open Monday to Friday from 6 a.m. to 9 p.m. and Saturday and Sunday from 7 a.m. to 6:30 p.m. METRO

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50 YEARS

Crimea votes overwhelmingly to leave Ukraine, join Russia

Over 95 per cent approve. U.S., Europe condemn referendum as illegal, while Kyiv derides it as a 'circus'

Fireworks exploded and Russian flags fluttered above jubilant crowds Sunday after residents in Crimea decided to secede from Ukraine and become part of Russia. The U.S. and Europe condemned the ballot as illegal and destabilizing and were expected to slap sanctions against Russia for it.

Ukraine's new government in Kyiv called the referendum a "circus" directed at gunpoint by Moscow — referring to the Russian troops now in the strategic Black Sea peninsula after seizing it two weeks ago.

But after the polls closed, crowds of ethnic Russians in the Crimean capital of Simferopol erupted with chants, overjoyed at the prospect of once again becoming part of Russia.

The referendum offered voters the choice of seeking annexation or remaining in Ukraine with greater autonomy. After 50 per cent of the ballots were counted, Mikhail Malishev, head of the referendum committee, said more than 95 per cent of voters had approved splitting off and joining Russia.

Opponents of secession appeared to have stayed away Sunday, denouncing the vote as a cynical power play.

The Crimean parliament was to meet Monday to formally ask Moscow to be annexed and Crimean lawmakers will fly to Moscow later in the day for talks, Crimea's pro-Russia prime minister said on Twitter.

Ethnic Ukrainians interviewed said they refused to take part in the referendum, calling it an illegal charade stage-managed by Moscow. Some said they were scared of the potential for widespread harassment.

THE ASSOCIATED PRESS

Pro-Russian people celebrate in Lenin Square in Simferopol, Ukraine, Sunday, after residents in Crimea voted overwhelmingly to secede from Ukraine and join Russia. VADIM GHIRDA/THE ASSOCIATED PRESS

Evidence shows plane's disappearance likely intentional

A woman leaves a message for missing Malaysia Airlines passengers at a shopping mall in Petaling Jaya, Malaysia, Sunday. LAI SENG SIN/THE ASSOCIATED PRESS

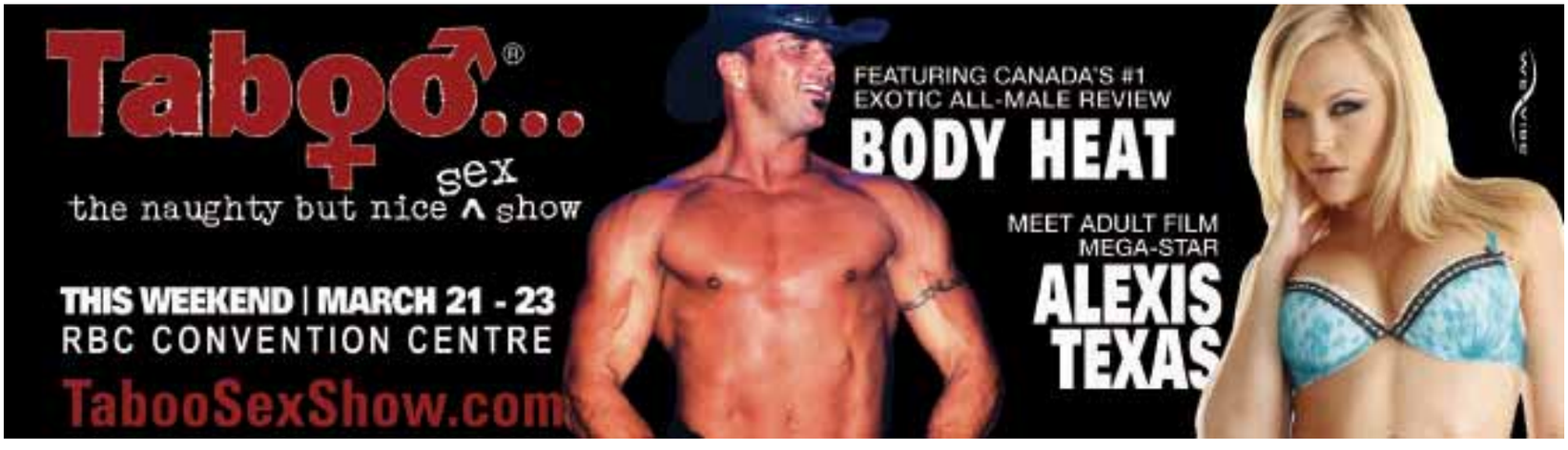
The final words from the missing Malaysian jetliner's cockpit gave no indication anything was wrong, even though one of the plane's communications systems had already been disabled, officials said Sunday, adding to suspicions that one or both of the pilots were involved in the disappearance.

Authorities also examined a flight simulator confiscated from the home of one of the pilots and dug through the background of all 239 people on board, as well as the ground crew that serviced the plane.

The Malaysia Airlines Boeing 777 took off from Kuala Lumpur in the wee hours of March 8, headed to Beijing. On Saturday, the Malaysian government announced findings that strongly suggested the plane was deliberately diverted and may have flown as far north as Central Asia or south into the reaches of the Indian Ocean.

Investigators have said someone on board the plane first disabled one of its communications systems — the Aircraft and Communications Addressing and Reporting System — about 40 minutes after takeoff. Around 14 minutes later, the transponder that identifies the plane to commercial radar systems was also shut down. The fact that both systems went dark separately offered strong evidence the disappearance was deliberate.

THE ASSOCIATED PRESS



Ousted Egyptian President Mohammed Morsi, centre, arrives for a hearing in Cairo in Nov. 2013. THE ASSOCIATED PRESS

Most arrests in 20 years in Egypt

Ongoing crackdown. Flood of arrests has swamped prisons and courts; prisoners are held for months without charge

Egypt's crackdown on Islamists has jailed 16,000 people over the past eight months in the country's biggest round-up in nearly two decades, according to previously unreleased figures from security officials.

Rights activists say reports of abuses in prisons are mounting, with prisoners describing systematic beatings and miserable conditions for dozens packed into tiny cells.

The Egyptian government has not released official numbers for those arrested in the sweeps since the military ousted Islamist President Mohammed Morsi in July. But four senior officials — two from the Interior Ministry and two from the military — gave a count of 16,000, including about 3,000 top- or mid-level members of Morsi's Muslim Brotherhood. The count is consistent with estimates by human rights groups.

THE ASSOCIATED PRESS

Election 'farce'

Former Egyptian presidential candidate close to the country's youth movements, Khaled Ali, said Sunday he would not take part in upcoming presidential elections, calling them a "farce" stacked in favour of Egypt's powerful military chief, Field Marshal Abdel-Fattah el-Sissi.

Chinese moonshine?

Russian villagers die after drinking bad booze

Investigators in Russia say at least 14 people in a village in the country's Far East have died of apparent methanol poisoning after drinking counterfeit liquor.

Officials in Krasnokamensk region said Sunday they believe the alcohol may have been imported from China, an hour's drive from the village. A 49-year-old resident of the village has been detained, suspected of selling the liquor.

THE ASSOCIATED PRESS

Nigeria. More than 100 Christian settlers killed; deaths blamed on Muslims

Officials say Fulani Muslim herders attacked three Christian villages and killed more than 100 civilians.

Hundreds of thatched-roof homes were set ablaze.

Thousands have been killed in recent years in competition for land and water between the mainly Muslim Fulani herdsmen and Christian farmers across Nigeria's Middle Belt.

More than 100 people were killed in similar attacks in neighbouring Katsina state last week.

Chenshyi village chief Nuhu Moses said on Sunday that gunmen killed more than 50 people including the pastor's wife and children.

He said the entire village was destroyed.

The local government's acting chairman Daniel Anyip said about 100 people were killed in attacks on three villages on Friday night.

The Southern Kaduna Indigenes Progressive Forum blamed the government for failing to take action in this long-simmering dispute in Nigeria.

THE ASSOCIATED PRESS

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Spy outfit. Investigation of CSEC reveals ethics breaches, wrongdoing

An investigation at Canada's secretive eavesdropping agency has uncovered misuse of public assets and "serious breaches" of the spy outfit's values and ethics code.

The findings, prompted by confidential information from a whistleblower, led Communications Security Establishment Canada to revise policy, improve training and boost oversight.

However, CSEC will say little more about the episode, leading opposition MPs to accuse the spy agency of needless secrecy as it comes under intense scrutiny due to widely publicized leaks by former American intelligence contractor Edward Snowden. THE CANADIAN PRESS

John Forster, chief of CSEC.
THE CANADIAN PRESS FILE

Lake Louise, Alta.

Father and son killed in avalanche

A Parks Canada spokesman says the avalanche risk was high in an area where a father and son were killed when snow rushed down the slope they had gone to toboggan in Lake Louise, Alta.

Banff National Park resource conservation manager Bill Hunt says a Parks Canada team found a partially buried toboggan in the avalanche debris, which helped lead them to the bodies. THE CANADIAN PRESS

Canadian families of the fallen reflect on losses

Michael Hornburg holds a photograph of his son Nathan, who was the 71st Canadian soldier to die in Afghanistan, at his home in Calgary, on Tuesday.
JEFF MCINTOSH/THE CANADIAN PRESS

At what price? Despite the investment of blood and treasure, the Afghanistan being left behind is far from peaceful and secure

Was it all worth it? It is a brutally awkward question, especially when posed in the context of Afghanistan.

There is no shortage of people opining about the now-concluded military mission that morphed into a costly, bloody humanitarian exercise.

But few of those voices truly count as much as the ones who've stayed largely silent through the tempest of this war: the families of the fallen, some of whom are speaking up for the first time in a series of interviews with The Canadian Press. As the last 100 soldiers rush into the warmth of home this week, these people will still have empty places at the dining room table and cling to the mementoes of lives inexorably cut short.

And although the scale of casualties from Afghanistan pales in comparison to the unmitigated slaughter of the First and Second World Wars, they say the grief and sense of loss is no less sharp. There were 158 Canadian soldiers, one diplomat, one journalist and two civilian contractors who died over the dozen years Canada's military spent in both Kandahar and Kabul.

"While I support human rights all over the world, in many ways I don't understand why our Canadian Armed Forces would be there to stabilize Afghanistan," said Michael Hornburg of Calgary, who lost his son, 24-year-old Cpl. Nathan Hornburg. "From what (Nathan) told us privately and said publicly, he wanted to go and provide a better way of life for women and girls," he said. THE CANADIAN PRESS

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Sap-rilege: Cold may mean less nectar of the gods this year

Paul Boulanger tosses wood in to fire up the sap evaporator at the Turtle Lane Maple sugar house in North Andover, Mass., last week. Maple syrup season is finally underway in Massachusetts after getting off to a slow start because of unusually cold weather. The season starts at the end of February in a typical year. But despite being well into March, temperatures have been too low for the sap to drip out. Many farms have yet to start tapping their trees, said Winton Pitcoff, co-ordinator for the Massachusetts Maple Production Association. But it's too soon to say whether the late start will affect the overall maple season, which ends in April, Pitcoff said.

ELISE AMENDOLA/THE ASSOCIATED PRESS

Put a fork in bitcoin

HOW TO ROLL
Alison Griffiths
metronews.ca

Is the bitcoin revolution just one more doomed universal currency idea? Judging by the recent spate of thefts, frauds and swindles connected to bitcoin exchanges, the answer seems to be yes.

If you got in at $30 US three years ago and hung on past the 2013 $1,250 US peak to today's price at around $650 US, you've still done nicely. Hint! Selling now might be a really, really good move.

Because transactions among private parties, merchants, as well as with bitcoin exchanges are unregulated, the statistics about "investment" in and spending of this cybercurrency is anyone's guess.

However, economic behaviour study tells us that regular investors jump on hot trends too late and jump off long after the big boys and girls have pocketed their profits.

So, for all those who bought into bitcoins late, is there still hope? There might be. Just last week, two major players, Perseus Telecom and Atlas ATS teamed up in an attempt to bring some sanity and regulation to the cybercurrency world.

Perseus connects stock markets and other security exchanges with big institutional investors' trading platforms. Year-old Atlas operates a digital currency exchange providing "two-factor authentication, cold storage of crypto currency, multi-tiered multi-firewall architecture." Cold storage for currency? Okay, moving on.

Both firms promise to bring security, regulation and liquidity to the bitcoin world. Right now, digital currency is housed in the world of cloud computing, making it highly vulnerable to hackers. And with every theft or hint of scandal, bitcoin prices take a wild ride, making it almost useless for spending and leaving it in the realm of speculators.

The Perseus/Atlas partnership isn't exactly like General Mills and Johnson & Johnson combining to offer a cure for the common cold. In fact, the new exchange system is only for high-frequency traders and financial institutions. Does this sound like you?

Still, average folk who have taken a flier on bitcoins could benefit down the road, if trading becomes more secure. But even if it does, this digital currency is, in the words of Marketwatch's Personal Finance Daily, "as stable as Justin Bieber's trip through puberty."

It's done?

The cybercurrency graveyard:

- **OS-Gold, Standard Reserve, INYGold, e-gold, 1mdc, e-Bullion (digital gold currencies.** 1996-2004 (all were fraudulent)
- **DigiCash.** 1990-1998
- **CyberCash.** 1994-2001
- **Beenz.** 1998-2001
- **Flooz.** 1999-2001
- **Internetcash.com.** 1999-2001
- **QQ coins.** 2000-2002
- **Linden Dollars.** 2008
- **Bitcoin.** 2009-????

Taking off around globe. Commercial drones grounded in U.S., for now

The U.S. government bars commercial use of drones, no matter how seemingly benign.

But already, photographers, real-estate agents, moviemakers and others are hurrying to embrace the technology.

The use of commercial drones is starting to spread to countries where authorities have decided the aircraft presents little threat if operators follow a few safety rules.

THE ASSOCIATED PRESS

A drone landing after flying over the scene of an explosion in East Harlem in New York last week.

THE ASSOCIATED PRESS FILE

ICANN. U.S. government letting go of its hold on Internet address system

The U.S. government is relinquishing its control of the Internet's address system in a shift that may raise questions about the future direction of online innovation and communications.

The decision announced Friday begins a long-planned transition affecting the stewardship of the Internet Corporation for Assigned Names and Numbers, or ICANN. That's a not-for-profit agency launched in 1998 by the U.S. Commerce Department to govern the system that assigns website addresses and directs Internet traffic.

THE ASSOCIATED PRESS

September 2015

The Commerce Department hopes to end its ICANN oversight by the time its contract expires in 2015.

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MAD AS HELL ... AND NOT GONNA TAKE IT

URBAN COMPASS

Colin Fast
winnipeg@metronews.ca

Is Winnipeg city council the worst group of politicians in the country?

Don't get me wrong, I'm not saying they're not dedicated (well, some of them), smart (well, some of them), talented (you get the idea) or devastatingly attractive (no comment). And they have managed to avoid Rob Ford levels of notoriety.

But they're all in flagrant violation of one of the golden rules of politics: Avoid trouble in an election year.

For incumbents, election years are supposed to be non-stop good news. Tax cuts, ribbon cuttings, cheque presentations, feel-good photo-ops, a chicken in every pot, that kind of thing.

You want voters to be so happy with the way things are being run that they see no choice but to elect you to another term.

Hands up if anyone thinks that sounds like our city right now. Anyone?

Instead, citizens of Winnipeg are, to put it mildly, mad as hell. They're mad about the fire-hall audit, and about the cost of the police headquarters building (also being audited), and they haven't even seen the real-estate audit yet, but they're pretty sure it's going to make them even madder.

They're mad about secrecy at city hall and the perception that being friends with certain politicians is the easiest route to a lucrative city job or contract.

And they're downright furious about the state of our infrastructure: The pipes that spewed brown water before they froze and spewed no water at all; the broken water mains and gaping potholes that are turning streets into navigable waterways; and the back lanes that were impassible because of icy ruts and are now unparkable because of icy windrows.

Add in a flood and a plague of mosquitoes and we'll hit political-disaster bingo.

To be fair to council, it can't be held solely responsible for all these problems. The civic administration shares the blame for mismanagement of city business, and the "winter of the century" has done a number on the pipes and pavement.

But council is guilty of avoiding the time consuming, messy and sometimes politically risky work of planning to avoid these kinds of situations.

I'm talking about things like restructuring procurement procedures, reassessing snow-clearing policies and reviewing infrastructure spending plans to ensure money is being spent where it's needed the most. Long-term planning instead of short-term announcements.

I'm also talking about preparing better for potential emergency situations. You may not be able to avoid frozen pipes or broken water mains, but you can certainly have plans in place to minimize the impact on citizens. Plan the work, work the plan.

None of this is as fun as cutting the ribbon on a new facility or handing out a cheque to a special-interest group, but it is necessary to keep the city running and the politicians employed.

So let's hope the council we elect this October is ready to roll up its sleeves and get a little dirty, because there's lots of work to be done and lots of pissed-off citizens to win over.

ZOOM

The Great Wall of Patagonia

FRANK THIEL/SEAN KELLY GALLERY

Towering glacier in all its majesty

The monumental beauty of Patagonia's grandest glacier is portrayed in a series of photos by German artist Frank Thiel. Shooting from boats in choppy waters, Thiel has captured both the majesty and fragility of the Perito Moreno Glacier in southern Argentina. His work is now on display at the Sean Kelly Gallery in New York.

METRO WORLD NEWS

Q&A

'Magical and fragile'

FRANK THIEL
Photographer, 47, based in Berlin

What does your powerful photograph tell us?
It says that nature is the greatest artist alive. With my photo I want to show the glaciers' physical forms and their endless variations of blues, whites and greys in unknown detail. The picture celebrates a beauty that's both magical and fragile.... Seeing a glacier calving into the water is beautiful. But it is a very contradictory kind of beauty that one cannot purely enjoy it because you know that the glacier is kind of dying.

This place looks surreal ...
But it is very real — ice up to tens of thousands of years old. But what is unnerving is knowing that it's not part of our collective treasure trove of human experience and is older than any living creature on our planet.

What was it like to work in such an environment?
Reliable weather forecasts do not exist out there so you're in the middle of nature. The Andes creates extremely unpredictable micro-climates. And the glaciers almost function like gigantic wind tunnels as the air above the ice is colder and faster than elsewhere.

ANTHONY JOHNSTON/MWN

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

A lot of our favourite podcasts are still going strong in 2014, including one that has returned from an unwelcome (to us, anyway) break. Subscribe to these shows in iTunes for a steady supply of laughs and wisdom.

Stuff You Should Know:
Short, in-depth lessons on the history or mechanics of a staggering variety of topics. The Spanish Inquisition? Check. Jack the Ripper? Why not? Pet psychics? You bet. An endlessly fascinating array of anecdotes and info to keep you sounding smart at parties for months to come.

The Fogelnest Files:
Part comedy show, part permanent tangent into pop-culture history with very funny people you've probably never heard of. From lengthy treatises on punk music to a spotlight on the joke factories that make up "Weird Twitter," Jake Fogelnest has his finger on many pulses.

Adjust Your Tracking:
An excellent ongoing discussion about film and TV, including trends, new releases and interviews with guests who love the stuff as much as the hosts do.

THE ASSOCIATED PRESS

Twitter

@metropicks asked: What do you think of dress codes in the workplace? Good or bad idea and why?

@alicyaperreault: If u are working for me u are representing my company & I would expect your attire to reflect professionalism. No yoga pants!

@starrydays17: what is more important, how I look, or what I accomplish? Dress codes emphasize the former.

@Craig_F: I think they're a great idea saves me so much time in figuring out it's a company not worth doing business with

@sadie_simo: Necessary to look professional. Even if you're miserable; dress for the job you want, not the job you have!

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: winnipegletters@metronews.ca

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Ebooks

Captain America: The Winter Soldier

By. Ed Brubaker/ Marvel Unlimited

iPad/iPhone/Android

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

A new concept for digital comics, adaptive audio is a music soundtrack that changes tempo to match your speed in turning pages. Added sound effects are triggered by panels and the result is that scenes with text build in anticipation while fights move with intensity. It's your narrative, so your imagination remains in control.

Game of Thrones

Creators say they can predict the (unwritten) future

Game of Thrones creators David Benioff and Dan Weiss say they've consulted with George R. R. Martin — author of the series of novels on which the show is based — and have a pretty good idea of how the story will end, even though the final two books haven't been written yet. They're now convinced the TV series will only run for three or four more seasons.

THE CANADIAN PRESS

Rick Ross talks staying on top ... and staying alive

Mastermind. As his new album rules the charts, the rapper reveals how a 2013 drive-by shooting changed his take on life

Rick Ross' Mastermind LP shot to No.1 on the Billboard 200 after being released March 3. THE ASSOCIATED PRESS FILE

Rick Ross still gets excited by No. 1 albums, but as he celebrates his fifth he takes satisfaction in different ways.

Ross marked the ascendance of Mastermind on Saturday night during South by Southwest, drawing one of the week's larger crowds in Austin during the annual music conference and festival.

"You know what, when this is what you centre everything around, you just want the best, not only for yourself, but for your team, everybody you build with," Ross said.

It's been quite the run for Ross. Five of his six major-label albums started out atop the Billboard 200. The magazine says among rappers only Jay Z (13), Eminem (seven), Nas and Kanye West (six apiece) have had more.

Ross attributes the run to remembering where he got his start.

"Regardless of the success I see, I still go back to my foundation … that made me," he said as he stood shirtless in his dressing room tent following a performance at Fader Fort.

"Yesterday, after being out on promo for two months, I took a day out of my schedule to go to the smaller markets in South Carolina, the Columbias, you know the (places) that don't get attention. But those are the places where I remember making my first $5,000 shows from, so I still go to those places."

The 38-year-old Miami rapper played new material for fans and showed his mind's been on mortality since he survived a January 2013 drive-by shooting in Fort Lauderdale. He told the crowd it was important to remember the rappers who have died too early like Shakur, The Notorious B.I.G. and Pimp C before launching into Nobody, a song with the chilling French Montana vocal hook "you're nobody till somebody kills you."

The song is paired back to back on Mastermind with Shots Fired, a series of news clips recounting the attack.

"You know it's unfortunate, it's nothing to glorify," Ross said. "Where I come from in my city — I come from Carol City in Miami — they've renamed it the Miami Gardens, you know, and they done dubbed it the Murder Gardens, and it's unfortunate. But those are conditions we were unfortunately seeing coming up. So me being in the position I am, that's what come with that. So Rule No. 1 in the handbook I studied is never let the game kill you."

Ross says the experience has caused him to look at life through a new filter.

THE ASSOCIATED PRESS

Quoted

"Rule No. 1 in the handbook I studied is never let the game kill you."

Rick Ross
on facing violence in his life

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Tyler, the Creator ALL PHOTOS GETTY IMAGES

Rapper pushes fans to be pushy, law enforcement pushes back

Call him Tyler, the Creator of safety hazards? The Odd Future rapper had a busy weekend, playing a sold-out show in Dallas just hours after being released from jail in connection with a misdemeanour charge of inciting a riot.

He was arrested at Austin-Bergstrom Airport on Saturday and released later that day after securing a $25,000 US bond. Police say the 23-year-old Los Angeles resident incited a large crowd of fans to push their way past venue employees controlling access to an unofficial South by Southwest day party that was already at full capacity. Officers who were at the scene said in a warrant that Tyler yelled for fans to push their way inside twice, and that a bartender had to protect a woman from injury in the resulting push.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

The artist formerly known as Ke$ha?

STARGAZING
Malene Arpe
scene@metronews.ca

After leaving rehab, Ke$ha changes her Twitter name to Kesha. "Waste not, want not," says Kim Karda$hian.

Prince William and Kate are facing criticism over leaving their infant son at home and flying away on vacation. Not complaining: everyone else on the plane.

Benedict Cumberbatch says that he is "so ready to play a really dumb character." "You stay away from my work, you Brit you," says Adam Sandler.

Miley Cyrus missed a costume change during a concert and had to return to the stage in her underwear. "It was surprising and something we all noticed," said no one in the audience.

Angelina Jolie

Angelina Jolie plans on second surgery to prevent cancer

A year after she underwent a double mastectomy as a preventative measure against breast cancer, Angelina Jolie is set to go under the knife again, she reveals to Entertainment Weekly.

"There's still another surgery to have, which I haven't yet," she says. "I was very fortunate to have great doctors and very, very fortunate to have a good recovery and have a project like Unbroken" — her second film as a director — "to be really focused on, to be getting healthy for, and to be able to just get right back to work."

Jolie is still at risk for ovarian cancer, which claimed the life of her mother.

9 nifty ways to save, plus a tip

Finding the money. Ideas from banking a raise to stashing your coins can grow your savings fast

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Latte go of a bad habit: Give up one caffeine hit a day and tuck the three bucks into your Good Habit jar instead. ISTOCK

People often tell me they can't find the money to save. Really? Not even $1 a week? I don't believe you. I think if you put your mind to it, if you really, really want to save, you can. Here are some tips:

1. Get started

I don't care if you use an envelope, a coffee can or an old jam jar. Pick an amount and stick it in your container every single week. Whether it's two dollars or ten, the trick is to do it religiously, never count it and don't spend it. EVER. Under no circumstances. You may have to hide it from everyone else so they aren't tempted to dip into your stash of cash.

2. Live on your pre-raise income

If you get a cost-of-living increase or a performance raise, pretend you didn't and save the extra money you're bringing home each pay.

3. Implement a fast-food tax

Like to hit the fast-food outlets or drive-through windows? Keep a container in your car and every time you pick up a coffee, grab a burger or hoe through a muffin, drop a buck in your bag. If you can find the money for the coffee, you can find the money to save too.

4. Reallocate

Just paid off a big bill like your car payment or credit card balance? Assuming you're out of the hole, add half the bill amount back into your budget and save the other half. You're already used to living without that money, so save some.

5. Put away your "savings"

This is one of the things that drives me crazy! People tell me how much they saved on sales, using coupons, or just by being a smart shopper. When I say, "So where are those savings?" they look at me with a dazed expression. Then they laugh and shake their heads. Hey, it's nothing to laugh about. If you just saved $6 at the grocery store by being a savvy shopper, take that $6 and stick it in your savings container at home. If you don't, you'll just spend it somewhere else and then you won't have saved anything.

6. Reward yourself

If you have the discipline to use a credit card and then pay off your balance every month, use a card that gives you cash back or a useful reward. Some credit cards earn grocery money. Some give you points you can use to cash in for rewards. Some give you cash back. Put those benefits to use to grow your savings.

7. Stash your coins

I know lots of people who use a change jar to save for a holiday. I don't consider this savings. Since you're going to spend the money, it's actually "planned spending." But if it's money you're not going to carry as a balance on your credit card, I'm all for it. If you don't have an emergency fund, saving your coins is a great way to get one started. And if you super-charge your change jar by dropping in a fiver at the end of every week, you won't believe how fast that money grows.

8. Swap a bad habit for a good one

Love candy? Can't walk by the coffee shop without dropping $3 for a caffeine boost? Smoke, drink pop or booze, or chew gum? Start giving up your bad habit slowly, and reward yourself with a good one as you do. Go from smoking 20 cigs a day to 15, and drop the 20¢ you didn't send up in smoke into your Good Habit jar. Walk past the coffee shop just once and you can add another $3 to your Good Habit jar.

9. Cut your communications bill

Here is one area where people routinely overspend: telephone, cell phone, cable, Internet. Cut your bill by $10 a month and now you have enough to start a savings plan. Cut it by $30 and you're three times smarter.

Tip: Saving is only saving if you take the money and stash it away for the future. So the next time you save money by cutting your spending, using a coupon or negotiating a deal, take your savings and actually save it by putting it in a TFSA, RRSP, RESP or high interest savings account. If you can't see it, you didn't really save it.

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METRO CUSTOM PUBLISHING

Tax Talk

Need Advice?

Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

New homeowners: here's what to claim, but don't forget to repay RRSP amounts

Q I just bought my first home. What can I claim?

A I hope you are enjoying your new place. You should be able to claim the First Time Homebuyers Credit, which means about $750 in tax savings. There is no particular slip but you must be able to prove to the CRA that you bought a house in 2013. This could be the bill from your lawyer or closing papers. Unlike our U.S. neighbours who can claim mortgage interest, the tax benefits for Canadian homeowners comes when you sell. Any profit you make on the sale of your home is tax free. But you have to wait for the payoff. There is no annual benefit you can claim.

Q I borrowed money from my RRSP to buy my first home, but I forgot to make the first re-payment. Can I just double up my payment this year?

A Congrats on your new place. Under the Home Buyers Plan, you start making re-payments in the second year after you borrow the funds. Unfortunately, you can't miss payments. If you didn't deposit money back into your RRSP to cover the repayment last year, the CRA considers the amount income and it is added to your tax return. Check your Notice of Assessment for your re-payment amount and make sure you don't miss it this year.

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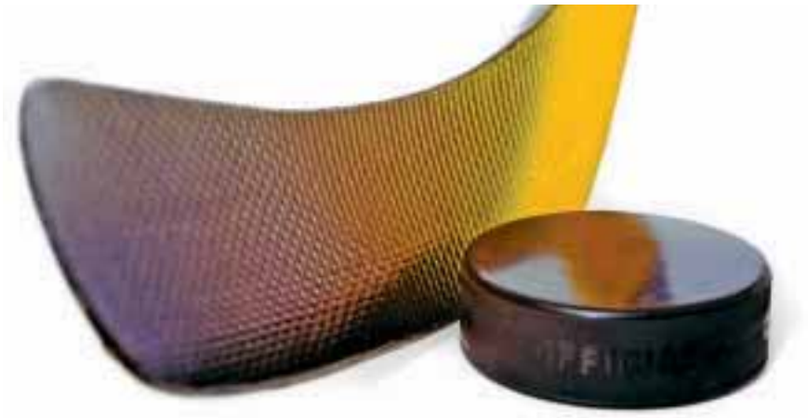
Money 101. Two couples, one year to make them richer

Sporting healthy financial gains

Wondering what it's going to take to make you wealthier? A combination of debt reduction, asset growth, frugal living and dedication to a savvy financial plan will do the trick. So far, this recipe has produced stellar results for the two couples I am offering financial advice to this year. Since January, Anne-Marie and Peter have improved their net worth by $4,000, while Carolina and Jose have improved theirs by $1,200. – Lesley-Anne Scorgie/For Metro



Small rewards for saving may include buying a new hockey stick. MIKE FLIPPO/SHUTTERSTOCK

Allocate money for small indulgences from time to time. WAVEBREAKMEDIA/SHUTTERSTOCK

Anne-Marie and Peter

LESLEY-ANNE SCORGIE
For Metro

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 36 and 33
- Occupations: Broadcasting and sports editing
- Total household income: $110,000
- Life stage: Expecting their first child in June 2014
- Financial savvy: Medium — they use budgets to help guide spending, have some retirement savings, and are committed to paying off debt
- Top goals for 2014: Pay off debt, start a savings program for child's education and down payment on first home
- Homework from last month: Open tax-free savings account, make an extra RRSP contribution before March 3, and meet with a professional tax adviser

Anne-Marie and Peter rocked their homework assignments this month. After meeting with a tax adviser, the couple made additional RRSP contributions of $500 each before the March 3 RRSP deadline, which counts toward their 2013 taxes.

That RRSP money came from the debt repayment portion of their monthly budget. So, to get back on track with their debt repayment schedule, Anne-Marie and Peter will use a portion of their expected tax refund to pay off debt.

Saving for an emergency has also become top of mind for Anne-Marie and Peter. Though no one likes to think of a disaster, it's financially prudent to do so, especially when children are involved.

The couple plans to start building their emergency fund through regular monthly contributions to their tax-free savings account (TFSA). This translates into scaling down their debt repayment plan; rather than $1,000 each month, they will pay $800 on debt and put $200 into their TFSA.

As part of their homework, Anne-Marie and Peter will come up with a plan for their expected tax return, with debt repayment being their highest priority, followed by building their emergency fund, and saving a portion for small rewards for themselves (a hockey stick for Peter and a dinner out with her gal pals for Anne-Marie).

When I meet with Anne-Marie and Peter in Toronto this week, I will be examining Anne-Marie's pension statements, their RRSP investments, and offering guidance about what questions to ask their investment adviser to ensure they are invested in the right assets.

We will also be reviewing three ways that Anne-Marie and Peter could save for a down payment for a home.

The first way is not to save at all and instead ask for a gift or loan from a family member. Second is to use the RRSP Home Buyers' Plan (where you borrow money from your RRSP). Third is to save the old-fashioned way through automatic monthly contributions to a low-risk savings vehicle like a money market mutual fund, high-interest savings account or GIC.

Anne-Marie and Peter's net worth is currently $70,000.

Homework

Anne-Marie and Peter will begin building an emergency fund through a TFSA, and develop a plan for their expected refund.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Carolina and Jose

Carolina and Jose recap

- Location: Calgary
- Ages: 33 and 31
- Occupations: Stay-at-home mom and roofing
- Total household income: $55,000
- Life stage: Three daughters aged five, two and eight months
- Financial savvy: Medium to low — they recently established a budget, are frugal spenders, have no retirement savings, and are committed to paying off debt
- Top goals for 2014: Pay off debt, buy a house and visit family
- Homework from last month: Pay off Jose's student loan. Start saving through an RRSP and TFSA. Deal with "mommy guilt." Meet with a tax adviser

It has been an incredible month for Carolina and Jose, both financially and emotionally.

The couple stuck to their homework and main goal of paying off the remaining $500 of Jose's student loan. They did this by selling some of their furniture and electronics online. Carolina and Jose found it liberating to pay off the loan, and it further motivated them to become debt-free as quickly as possible.

You will recall that Carolina and Jose established their first budget one month ago and, so far, they have been successful in sticking to it. They are filing receipts in an accordion folder, reconciling those against their budget, and including a "where's our budget at" conversation in their weekly chores.

Emotionally, Carolina has found it much easier to shed her "mommy guilt," knowing that money has been allocated in their budget for her to use towards some small indulgences from time to time. She has even enrolled in a free weekly yoga class.

Jose is exploring higher paying job opportunities, and is also turning his photography hobby into extra income. The couple also sat down with a professional financial adviser to ensure they are taking advantage of all available tax benefits.

Even more exciting is they rustled up the courage to ask Jose's parents to give them a down payment so they can buy their first home. His parents said yes, and it appears Carolina and Jose's dream is becoming reality.

Over the next two months, Carolina and Jose will be meeting with Mike, my mortgage broker. He will lead them through the pre-approval process and the nitty-gritty financial details of owning a home.

Luckily, Carolina and Jose will be benefiting from historically low interest rates, meaning more of their mortgage payment will go towards the principal balance of the mortgage rather than the interest.

They will also be working with my trusted realtor and longtime friend, Carmelle. She will help Jose and Carolina figure out what kind of home, and what neighbourhood, they will be able to afford.

Carolina and Jose's net worth is currently -$31,300.

Homework

Carolina and Jose will develop a plan for their expected tax refund and also determine the value of home they can afford and begin shopping.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF RICH BY THIRTY, AND RICH BY FORTY. HER NEWEST BOOK, WELL-HEELED, HITS SHELVES IN APRIL.

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The ABCs of nabbing some 1, 2, 3s: money in your post-secondary pocket

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RIANA TOPAN
TalentEgg.ca

Cast your net wide and don't be afraid to shout your need for a little monetary help to the world. COLOURBOX

Everyone knows that school is expensive, which is why there are number of different forms of financial assistance available to students at all levels.

You may not think there's a funding package out there for you, but chances are a little research will show you otherwise.

It can take a bit of digging to find scholarships or grants for which you're eligible, but it's a small price to pay for the chance to score some free cash.

Scholarships, bursaries and grants

Scholarships, bursaries and grants are three of the most common application-based sources of funding available to students.

Although all three are monetary awards given to students to help cover education-related expenses, they are usually disbursed according to different criteria.

Scholarships are generally based on merit, bursaries are typically based on financial need and grants are most often awarded for a specific project or program.

How to apply

To find out which awards are available to you, talk to your school's registrar or main administrative office. They should either have information about student awards or be able to direct you to the department that does.

Many schools also host a student award information session at the beginning of the school year to tell students about financial aid offered by the university or college — equip yourself with a pen and notepad and get there early, as seats tend to fill up fast.

After you've checked with your school, do some research online to find out about awards offered by the government, foundations and corporations.

Work-study programs

Many schools offer co-op or work-study programs to give students a chance to gain hands-on experience in their chosen field before they graduate.

How to apply

Check with your department to make sure you're eligible for the program, then ask if it's OK for you to take a paid position and still get course credit.

Once you've got the go-ahead, start contacting potential employers to find out about current opportunities or try talking to students who've already done a placement to see if they know of any paid positions you can apply.

Be proactive

Once you know what scholarship, bursary and grant opportunities exist, make a list of which the ones you plan to apply and what each application requires. You'll usually need to fill out some kind of form and provide transcripts, letters of reference and possibly an application letter or essay.

- Jot down the deadlines for each application in a calendar or planner and plan ahead to make sure you submit your applications on time; the competition can be pretty fierce and a late application will most likely mean you won't be considered.

This work experience is a great opportunity to position yourself for future employment with a given office or department. It's a great opportunity to show off your skills and build a professional network on campus. Future positions may also have a higher compensation rate than your work-study program. Be sure to work hard and make your interest known.

Internships and apprenticeships

If your school does not offer a work-study or co-op program, consider applying for an internship or apprenticeship on your own. This is a great way to get relevant work experience in your field and it can provide a (modest) income to help you pay for school.

How to apply

Look for companies or organizations in your area that are connected to your program of study.

Contact the manager or human resources department to express your interest in the work they do and ask if they have any need for an extra set of hands in the coming months.

Be sure to emphasize that you're passionate about what you're studying and you're hoping to learn more about the career you're pursuing by working in the field.

If you're still struggling to pay for school, consider taking on a part-time job to help you cover your costs. It can feel overwhelming to see your tuition, textbook and living costs add up as you work towards completing a post-secondary program, but there is help out there.

Spend some time doing your research to learn about the funding that's available. You'll have to invest at least a few hours in each award or position for which you apply, but it could be well worth your effort in the end.

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HOPE IN ACTION

Rolling up the sleeves of workplace attire

Strictly business or not. Self-expression gains ground but some traditions still rule

DAVID SINGH
life@metronews.ca

Professional hockey players are known for arriving at arenas looking dapper in their suits. But during the recent Olympics, broadcaster Don Cherry noted that players on Team USA were showing up in track jackets and sweat pants.

Like it or not, that's just a small example proving that the times are changing when it comes to traditional dress codes. So we decided to take a closer look at the thinking that goes into employers' policies on workplace attire.

The loose code

Sid Lee, a communications advertising agency in Toronto, takes pride in their "very casual" dress code. Whether it's jeans, plaid, baseball caps, or fresh sneakers, the company doesn't mind. Even tattoos are game.

"It's funny because it's actually odd in our business now not to see a few people brandishing tattoos openly," said Dustin Rideout, VP of strategy at Sid Lee. "I think it would be weird if we didn't see that."

Rideout says the company, which works closely with brands, looks at its employees as a cast of characters that make the company unique. And in their case, being unique is the goal.

"In our business, brands are always looking for ways to be unique or stand out, because there's just so much noise out there," he said. "Having people walk that talk, in their everyday life at Sid Lee, rather than something they just pay lip service to, is important in living that value."

But it's not like employees are just showing up in their pajamas. Rideout says there's an unspoken understanding that people need to dress to certain occasions or client situations, and the staff hired are "professional enough" to know the difference.

Cramp someone's style

"I think either no one would show up or people would show up naked in protest."

Dustin Rideout, on what would happen if his workplace introduced a strict dress code.

The traditional code

The Bank of Montreal relies on a different dress code. Ralph Marranca, director of media relations at BMO, prefers to call it "guidelines" that apply across the company's enterprise.

He says this typically includes suits, dress slacks and dress shirts for men and pant suits, dresses, skirts, blouses, sweaters or jackets for women.

"We're a customer-focused organization," Marranca said. "The underlying principle is that we must maintain professional standards and present a professional image to our customers at all times."

He says employees are asked to use their common sense and apply the rule, "If you have to ask yourself if it's acceptable, then it probably isn't."

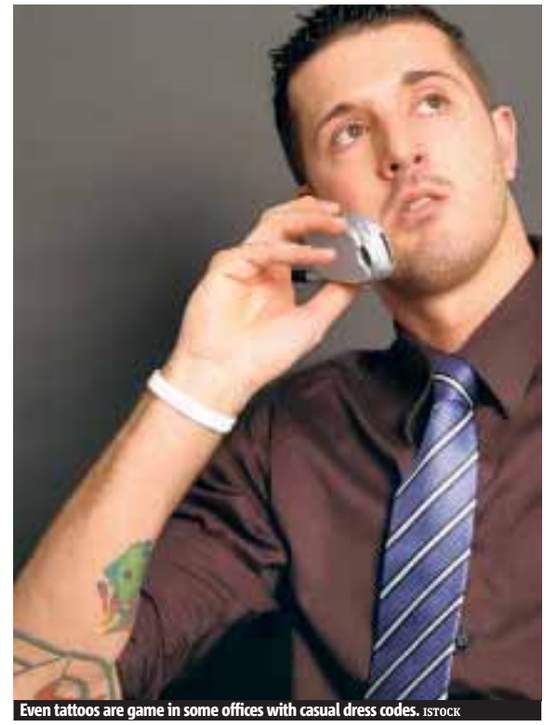
However, Marranca notes that BMO is open to its own kind of flexibility. In addition to casual Fridays, he uses the example of colourful bow ties instead of traditional neckties. Pocket squares are also increasingly common.

"We want to give employees some flexibility," he said. "Your clothing is sometimes an expression of yourself. How people dress expresses their personality. I think we are mindful of that."

But the bottom line Marranca stresses is that the company needs to maintain its guidelines simply because of its industry.

"I think we do have to be mindful that there are certain expectations from our customers, (who have) an expectation of what is professional," he said.

After all, you probably wouldn't want your finances handled by someone wearing a baseball cap. Or would you?



Even tattoos are game in some offices with casual dress codes. ISTOCK

'Round the world wisdom

Adversity? To go far and fast, go together

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

Racing cyclists save energy by riding close together. ISTOCK

When racing towards the finish line, are you faster alone or together? "To go fast, go alone. To go far, go together," says an old African proverb. My experience running the Gobi desert was that to go far and fast, I needed to go together.

As the six-day race progressed, my daily objectives became more ambitious and to achieve them, I concluded I wouldn't be able to do it alone; I needed the help of my competitors.

In the same way road cyclists save energy by riding close together, fluidly alternating who takes on the headwind at the front, I would seek out other runners each day to assemble a like-minded team with the sole purpose of working together to go faster. We crafted win-win agreements on the fly, helping each other push beyond what we could do on our own. One person took to the front, navigating and running as hard as possible for a pre-agreed time period, while another behind acted as a sentry to watch overall progress against the field — and as a Canada goose honking encouragement to the flock leader from behind. On queue the roles would switch, moving an always fresh runner to the front.

Back at work, the lesson encouraged me to change how we go about tackling our higher-stakes projects. Before, we always pursued a go-alone approach. Now, to increase our odds of success, we actively pursue coopetition, a cooperative competition with direct rivals, even if it involves sharing the victory.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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Smarten up your table with bow tie pasta, red bell pepper pesto, chicken and pine nuts

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

This is a wonderful and nutritious one-dish meal. You have your grains, vegetables and protein.

I recommend using whole wheat pasta to boost your fibre and nutrients. You can always substitute the pasta for penne or rigatoni. The red bell pepper pesto is a real change from regular basil pesto. You can multiply the recipe and freeze for later use.

This is a very versatile dish that can use other proteins such as beef, seafood or tofu. Toast the pine nuts by placing in a hot skillet over medium-high heat and cooking for two minutes or until lightly browned. You can make up a batch and freeze for later use.

Pine nuts have one of the highest amounts of protein of any nuts as well as a notable amount of fibre.

Ingredients

- 8 oz boneless skinless chicken breast

Pesto
- 1 large red bell pepper, roasted, cut into quarters **
- 1 garlic clove
- 1/3 cup toasted pine nuts
- 1/3 cup chopped sundried tomatoes
- 1/2 cup fresh basil
- 1/4 cup fresh mint
- 1/3 cup grated Parmesan cheese
- 1/4 cup (60 mL) olive oil
- 1/4 cup (60 mL) low-sodium chicken stock
- Pinch of salt and pepper

Pasta
- 8 oz bow tie whole wheat pasta
- 1/2 cup chopped basil
- 1/2 cup sliced red bell peppers

Nutritional information

- Calories 409
- Carbohydrates 47 g
- Fibre 5.8 g
- Protein 22.5 g
- Total fat 16.5 g
- Saturated fat 3.2 g
- Cholesterol 37 mg
- Sodium 414 mg

Directions

1. Grill or sauté the chicken breast just until cooked or temperature reaches 165 F, about 4 minutes per side. Let cool, then slice thinly.

2. To make the pesto: Place the peppers, garlic, half the pine nuts, sundried tomatoes, basil, mint, half the Parmesan, oil, stock and salt and pepper in a food processor and purée until smooth. If too thick, add more stock.

3. Meanwhile cook the pasta just until al dente about 8 minutes.

4. Add the chicken and pesto to the pasta and garnish with the remaining pine nuts and Parmesan cheese, basil and bell pepper.

** To roast a red pepper, cut into quarters, remove the seeds and bake at 425 F for about 20 minutes, turning halfway. Remove the skin and slice. You can also buy roasted bell peppers in the supermarket packed in water.

This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Hail the Kale Caesar Salad and Scallops

This recipe serves four. ROSE REISMAN

If Popeye was around today he might feel somewhat threatened that kale is pushing spinach out of the limelight.

Instead of romaine lettuce in this classic salad, I'm using baby kale, which is available in most supermarkets. It's washed and packed for easy use by the company Earthbound.

Kale is a true super food. It's low in calories, high in fibre, iron, vitamins K and C and calcium. It's also filled with antioxidants and considered an anti-inflammatory food. To eliminate the high calories of traditional Caesar dressing, I use a combination of olive oil and lower fat mayonnaise which cut the calories and fat considerably.

I prefer the large sea scallops to bay scallops because they have a better texture and flavour and won't overcook as quickly. This variety of seafood is a great source of low-fat protein, and loaded with vitamins and minerals.

Directions

1. Place kale on a large platter.

2. In non-stick skillet sprayed with vegetable oil sauté scallops for about 3 minutes per side or just until cooked through. Do not overcook.

3. Caesar dressing: Whisk 2 tbsp cheese, mayonnaise, olive oil, water, lemon juice, garlic and mustard until smooth or purée in small food processor.

4. Pour dressing over kale, toss the salad well and garnish with 1/2 cup cheese and scallops.

ROSE REISMAN

Ingredients

- 8 cups baby kale
- 8 large sea scallops

Caesar dressing
- 2 Tbsp grated Parmesan cheese
- 2 Tbsp reduced-fat mayonnaise
- 3 Tbsp olive oil
- 3 Tbsp water
- 2 tsp lemon juice
- 1/2 tsp finely chopped garlic
- 1/2 tsp Dijon mustard

Garnish
- 1/2 cup grated or shaved parmesan cheese

Sochi 2014

Canada strikes its golden goal

Canada succeeded in attaining its lofty goal at the Sochi Paralympic Winter Games.

Two podium-topping performances on Sunday's final day of competition ensured the Canadian Paralympic Committee's benchmark of finishing in the top three in gold medals was met.

It didn't look all that likely heading into the weekend.

Canada picked up golds from para-alpine skier Mac Marcoux and the wheelchair curling team on Saturday.

Canada finished with seven gold, two silver and seven bronze, good for fourth overall in total medal count.

Russia topped the standings with an eye-popping 80 medals —including 30 gold — while Ukraine was second with 25 total medals.

A series of high-profile retirements after a 2010 Vancouver Paralympics that saw Canada win 19 medals, including 10 gold, gutted the team's podium experience, but a mix of veterans and youth stepped up in a big way. THE CANADIAN PRESS

Canadian fans cheer our wheelchair curling team to a gold-medal victory on Saturday. PAVEL GOLOVKIN/THE ASSOCIATED PRESS

Brian McKeever of Canada and guide Erik Carleton are awarded gold medals for their victory in Sochi, Russia, on Sunday. MARK KOLBE/GETTY IMAGES

Symphony on skis in Sochi

Paralympic Games. McKeever, Klebl strike cross-country gold for Canada on final day

Brian McKeever and Chris Klebl made sure Canada finished the Sochi Paralympic Winter Games on a high note.

The cross-country skiers both won their races on Sunday, with McKeever taking the men's visually impaired 10-kilometre event before Klebl surprised the field with a stunning victory in the men's 10-kilometre sitting category.

McKeever picked up his third gold medal — and the 10th of his career — at these Games, while Klebl won his first-ever Paralympic medal.

McKeever finished Sunday's race in a time of 23 minutes 18.1 seconds, just 8.1 seconds ahead of Russia's Stanislav Chokhlaev.

He employed the same strategy with his guides that helped him win the 20-kilometre gold medal last week. With windy conditions starting to wear on guide Erik Carleton, Graham Nishikawa entered the race with about three kilometres to go to help seal the 10th gold medal of McKeever's storied career.

"It was all on the guides today. They did such a great job with all the headwind," said McKeever.

The 42-year-old Klebl won in a time of 30 minutes 52.0 seconds. Ukraine's Maksym Yarovyi finished second at 31:06.5 and Russia's Grigory Murygin skied to the bronze at 31:18.2.

"It feels pretty good for sure," said Klebl. "I have exceptional skis for wet, sloppy conditions and today we got exactly those conditions."

A three-time Paralympian, Klebl moved to Canmore, Alta., to join the Canadian team from the United States following the Vancouver 2010 Games.

Also Sunday, para-alpine sit-skier Josh Dueck was chosen as Canada's flag-bearer for the closing ceremony. The native of Kimberley, B.C., won gold in the super combined and silver in the downhill in Sochi. THE CANADIAN PRESS

NHL. Leafs fail to launch in D.C. campaign stop

Washington linemates Joel Ward and Jason Chimera often play in the shadow of their higher-profile teammates.

On Sunday afternoon, they sparked the Capitals to a much-needed victory.

On a day when Alex Ovechkin was held to one shot on goal, the Capitals' third line scored twice in a three-goal first period and the Capitals held on for a 4-2 win over the Toronto Maple Leafs.

Ward had a goal and an assist and Chimera also tallied for Washington.

Grunt work

"I've counted on Wardo and Chimmer all year long. They play together — penalty kill, power play. Big bodies that we count on for a lot of minutes." Capitals coach Adam Oates

Dion Phaneuf had a goal and an assist for Toronto and Troy Bodie also scored. THE ASSOCIATED PRESS

NHL

Canucks hand Lu a loss in Florida

The Vancouver Canucks were not surprised that their game against former goalie Roberto Luongo came down to a shootout.

Nicklas Jensen scored in the first period and added the only goal in the shootout and the Canucks earned a 4-3 victory over Luongo and the Florida Panthers on Sunday.

Alex Burrows had a goal and two assists and Dan Hamhuis also scored for the Canucks. THE ASSOCIATED PRESS

Canada goalie. Szabados debuts in men's league

Shannon Szabados made 27 saves in her men's professional hockey league debut Saturday, although her Columbus Cottonmouths fell 4-3 to the Knoxville Ice Bears.

Szabados joined the Southern Professional Hockey League team last week. The 27-year-old goaltender from Edmonton backstopped the Canadian women's hockey team to Olympic gold Feb. 20.

Columbus led 2-1 after the opening period, but Knoxville scored three unanswered goals in the second before the Cottonmouths scored again in the third.

Shannon Szabados GETTY IMAGES

"It was fun," Szabados told the Columbus Ledger-Enquirer. "I saw a few Szabados shirts out there. It was definitely a great moment." THE CANADIAN PRESS

4 SPORTS

Jets defenceman Zach Bogosian pastes the Stars' Ryan Garbutt into the boards at MTS Centre on Sunday.
TREVOR HAGAN/THE CANADIAN PRESS

Jets smash Stars and pull closer to playoff position

NHL. Winnipeg within four points of final wild-card spot in West

On Sunday

Jets	Stars
7	2

Dustin Byfuglien had two goals and an assist and Blake Wheeler added four assists as the Winnipeg Jets kept their faint playoff hopes alive with a 7-2 win over the Dallas Stars on Sunday night.

The win pulled the Jets to within four points of the Stars for the final wild-card spot in the Western Conference, although Dallas has two games in hand.

Jacob Trouba, Michael Frolik, Evander Kane, Ollie Jokinen and Tobias Enstrom also scored for the Jets (31-29-9), who managed to snap a six-game winless streak that crippled their playoff chances. Jokinen and Enstrom each added two assists in the team's highest-scoring game of the season.

Alex Chiasson and Tyler Seguin scored first-period goals for the Stars (32-24-11), who had earned points in their previous four games.

The Jets scored the next six goals after Seguin had given the Stars a 2-1 lead 7:02 into the game.

Tim Thomas started in goal for Dallas, but stopped just 13 of the 17 shots he faced and was pulled after Jokinen's goal 29 seconds into the second period made it 4-2.

Cristopher Nilstorp, a 30-year-old with five NHL games to his credit, came off the bench and allowed three goals on 17 shots. The Stars lost regular starter Kari Lehtonen to a concussion on Mar. 8.

Al Montoya, starting in place of the injured Ondrej Pavelec, survived a shaky start and finished with 25 saves on 27 shots, including an Erik Cole breakaway that could have given Dallas a two-goal lead.

THE CANADIAN PRESS

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Horoscopes

♈ Aries
March 21 - April 20
The more you dwell on a matter that troubles you the more you will worry about it, so pull your mind away from the issue and focus on what makes you feel good.

♉ Taurus
April 21 - May 21
Your mind may be bubbling with great ideas but what are they worth if you don't do anything with them? If you want to get serious it will take more than just ideas – it will take commitment.

♊ Gemini
May 22 - June 21
If you get the chance to move up on the work front you must take it. Don't worry that you are not qualified for the job because enthusiasm is more important than experience – and that's something you'll gain as you go along.

♋ Cancer
June 22 - July 23
There is a reason for everything that happens in life and that fact won't change just because you can't work out what it might be. Your task today is to trust in yourself.

♌ Leo
July 24 - Aug. 23
Everyone makes mistakes, so don't beat yourself up just because you got something wrong. The important thing is that you recognize where you made an error and resolve not to make it again.

♍ Virgo
Aug. 24 - Sept. 23
You won't see eye-to-eye with someone today but that doesn't matter – in fact it's good. The world would be a boring place if everyone got along all the time.

♎ Libra
Sept. 24 - Oct. 23
You will change your mind about something today that you seemed so sure about yesterday. Not everyone will be happy about it but that's not your concern.

♏ Scorpio
Oct. 24 - Nov. 22
You may be fixed in your opinions but you are not the only one with strong beliefs. Disagreements are likely this week but that's okay. New ideas may create tension but tension itself can be creative.

♐ Sagittarius
Nov. 23 - Dec. 21
Mercury, planet of communication, moves into the domestic area of your chart today, so an exchange of ideas, and feelings, with partners and loved ones will be of benefit to you all.

♑ Capricorn
Dec. 22 - Jan. 20
A social event could lead to a new career opportunity. Knowledge and experience are always important but if it comes down to a tie-break between you and a rival it's who you know that will count.

♒ Aquarius
Jan. 21 - Feb. 19
Don't let anyone pressure you into doing something you're uneasy about. That applies to all areas of your life but especially to money matters.

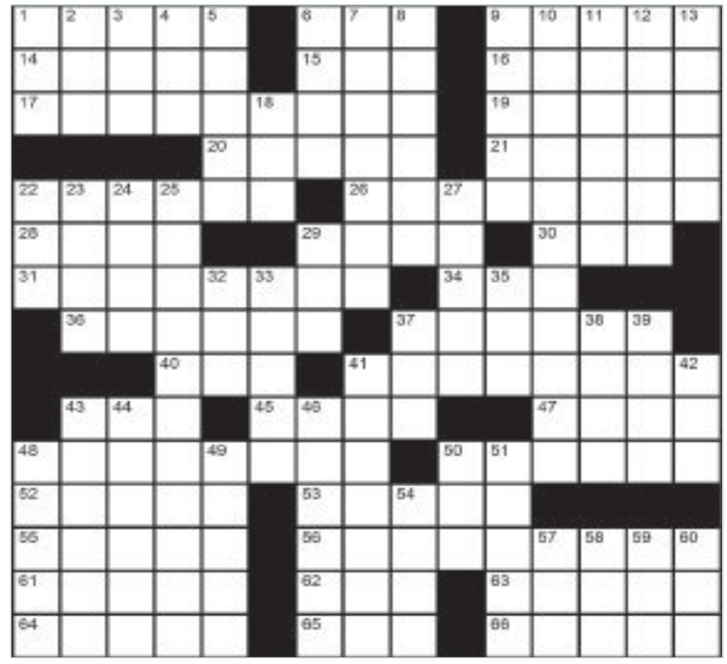
♓ Pisces
Feb. 20 - March 20
Now is the time to be ruthlessly honest. If you have things to say you must let everyone know what is on your mind. If you don't speak up now you'll be sorry about it later on.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

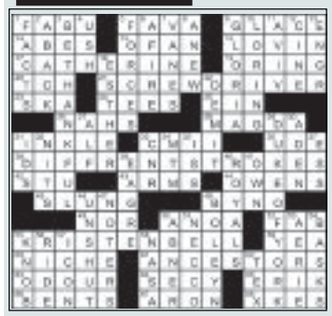
BY KELLY ANN BUCHANAN



Across
1. March 17th's star, St. __
6. Sci-Fi beings
9. __ Boson, 'The God Particle'
14. Overhead
15. "The Simpsons" bartender
16. Informed
17. George Bernard Shaw play
19. Energize
20. Curls
21. Hightails it
22. Viewing
26. Dublin band that performed "All I Want" on "American Idol" recently
28. House's locale, briefly
29. Wax: French
30. Ontario's Erie, et al.
31. Rabbit-in-a-hat routine: 2 wds.
34. Modern
36. Van Morrison song covered by Colin James: "Into the __"
37. Ms. McCartney
40. Fooled
41. Community in Manitoba southwest of Winnipeg
43. John Fogerty's gr.
45. Writer Ms. LeShan's
47. __-dokie
48. 1983 U2 album: 'Under a __ __ Sky'
50. Too: 2 wds.
52. Metamorphosis-izer
53. Fashion designer, Geoffrey __ (b.1924 - d.2004)
55. Liv Tyler's role in 'Lord of the Rings' movies
56. W.B. Yeats poem, Sailing to __
61. Avoid, as an issue
62. 'Speed' suffix
63. Backs
64. Keyed up
65. That, in Spanish
66. Sequence of wins in sports

Down
1. Tabloid's photos-supplier
2. 'Lull' ending
3. Chien: English
4. Pet doc's deg.
5. Pine
6. Actor Mr. Jannings
7. Wrench spot: 2 wds.
8. Security system device
9. __ __ dozen (Bakery order)
10. Early U2 song: 3 wds.
11. __ __ one's all (Really tried)
12. Shades of Shamrocks
13. Feel
18. Register
22. "I Am __" (2001)
23. Cheese type
24. Irritable
25. "The Unicorn" by Canadian folk group The __ __
27. Al __, as per pasta
29. Nero's 300
32. Windy City bus and train org.
33. Someone supportive
35. Poet's 'always'
37. 2008 VP candidate ...her initials-sharers
38. Do a thumbs up thing on Facebook
39. Blue dye
41. "__ __, crooked crosses, in God's country." - U2, "In God's Country"
42. Hairstyling product
43. Bobby __ (Hockey Hall of Famer born in Flin Flon, MB)
44. Animal Planet host Jeff
46. Singer/actress Ms. Reynolds
48. Super fun time
49. The Divine Comedy writer
50. Actress Ms. Ortiz
51. Propels
54. Mr. Pound of poetry
57. Haul
58. Dublin, __.
59. "What's the __?"
60. Chart

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

3								2
	9		3	7	8		6	
	7						3	
		2	1		3	7		
	3						8	
		1	7		6	5		
	4						5	
	6		4	5	1		9	
8								6

Friday's Sudoku

1	9	4	2	8	6	5	7	3
5	3	2	1	9	7	4	6	8
6	8	7	3	5	4	1	9	2
9	2	5	6	1	3	8	4	7
7	6	3	8	4	9	2	5	1
4	1	8	5	7	2	6	3	9
8	7	9	4	6	1	3	2	5
3	4	1	9	2	5	7	8	6
2	5	6	7	3	8	9	1	4

Weather

TODAY	TUESDAY	WEDNESDAY
MAX: -2° MIN: -7°	MAX: -3° MIN: -10°	MAX: -2° MIN: -7°

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